

## **Description of Educational Materials**

**Available From**

### **Family Planning Program**

741-A Sunset Avenue, Room 100, Honolulu, HI 96816

Phone: (808) 733-9030 Fax: (808) 733-8355

***Are you ready? Am I Parent Material?*** – Addresses the responsibilities, sacrifices, and decisions that go with being a parent. Also encourages young people to take steps to prevent pregnancy. (4” x 9” brochure)

***Aloha! How Are You? Information About Birth Control (in English, Marshallese, and Chuukese)*** - Identifies all birth control methods and includes practical information regarding family planning/birth control. Recommend using the brochure on a one-on-one basis between provider and client.

***Birth Control Facts*** – Includes descriptions, effectiveness rates, and levels of protection from HIV and other STDs of popular birth control methods, as well as an explanation of health concerns. (4” x 9” brochure)

***Condom Pocket Calendar Card*** - A brief description on how to use a condom; STD/AIDS and Family Planning information phone numbers; and a calendar on the reverse side. (2¼” x 3½” card)

***Emergency Contraceptive Pills (ECPs)*** - An explanation of what Emergency Contraceptive Pills (ECPs) are, when to use them, how they work, their side effects, and how to obtain them. (4” x 9” brochure)

***Emergency Contraceptive Pills (ECPs) – Instructions for Use*** - Identifies the types of oral contraceptives that may be used for emergency contraceptives and how and when to take them. (3½” x 8½” card)

***Emergency Contraceptive Wallet Cards*** - Explains what Emergency Contraceptive Pills (ECPs) can do and provides the Emergency Contraceptive Hotline phone number. (2” x 3½” folded card)

***Fertility Awareness and Natural Family Planning*** - Explains “fertility awareness” as a means to increase chances of pregnancy or prevent pregnancy, and the advantages of utilizing fertility awareness as a method. (4” x 9” brochure)

***Hanau Pono Family Planning Pocket Calendar Card*** - Provides the phone numbers of family planning clinics on each island in the state and has a calendar on the reverse side. (2¼” x 3½” folded card)

***“Hi, my name’s Kevin.”*** - Narrative of how a sixteen year old male’s life changes when he becomes a teenage father. Also lists facts and telephone numbers of agencies that provide assistance. (4” x 9” brochure)

***HPV About the Vaccine***- Describes the HPV vaccine and explains what HPV is, how people get HPV, and who should get the shots. Also addresses common questions about the vaccine. (4” x 9” brochure)

***Is Your Period Late?*** - Covers *Why is your period late, What should I do, Where should I go, What if the results [of a pregnancy test] are..., and What if I don’t know what to do*, with a listing of family planning clinic phone numbers and other important phone numbers. (4¼” x 9” brochure)

***It’s Never Too Late...Communicate!*** - Provides a checklist for parents to find out how they are communicating with their children, and then discusses communication, influences, listening, risk taking behaviors, setting examples, understanding risky behaviors, and lists phone numbers for parent education and family support agencies. (5-3/8” x 9” brochure)

***Men's Health What's Normal What's Not*** – Describes male parts and how they work. Also covers premature ejaculation, impotence, prostate health, sperm specifics, and penis particulars. (4" x 9" brochure)

***Menstruation What's Normal What's Not*** –Explains menstruation in a lively, upbeat way, while answering frequently asked questions and including when to see a health care provider. (4" x 9" brochure)

***Parenthood! Think About It!*** - Covers ten things to consider and discuss with your partner before becoming responsible for parenthood, especially for young people. (4" x 9" brochure)

***Puberty Facts for Girls*** - Explains puberty for girls, changes to expect, various aspects of menstruation, and hygiene and lifestyle. (4" x 9" brochure)

***Puberty What's Normal What's Not*** – Using a light and encouraging tone, this brochure describes what to expect and explains how hormones help and hinder. Also suggests ways to deal with strong feelings that often accompany puberty. (4" x 9" brochure)

***SEX: Decisions! Decisions!*** - Briefly describes different methods of birth control choices for couples that don't want a pregnancy now. (4" x 9" brochure)

***STD Facts*** – Gives overview of 8 common STDs (Chlamydia, NGU, Genital Warts, Gonorrhea, Hepatitis B, Herpes, HIV/AIDS, Syphilis, and Vaginitis) and explains what to watch for. Also discusses what happens if you don't get treated. (4" x 9" brochure)

***Taking Care of Urinary Tract Infections*** – Explains what a urinary tract infection is and how people get them. Also lists symptoms and prevention, as well as when to see a health care provider. (4" x 9" brochure)

***Teen HelpCard*** (available for ***Hawaii, Kauai, Lanai*** and ***Molokai, Maui, and Oahu***) - Lists the names and phone numbers for free or low cost help and information resources appropriate for teenagers on each of the islands. (2¼" x 3½" cards)

***The Effectiveness of Contraceptive Methods*** - Shows, in bar graph form, the effectiveness of different methods of contraception in terms of how many women out of a 100 get pregnant the first year they try to use the methods. On the reverse side of the card are the names and phone numbers of family planning providers on each island. (5½" x 4¼" card)

***Your first pelvic exam*** – Explains what a pelvic exam is, when it should first be done, how to make the exam easier, what happens before, and what happens during the visit. (4" x 9" brochure)

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All of the above education materials are available at no cost. For further information or to obtain the **Family Planning Educational Material Request Form** call the Family Planning Program office at (808) 733-9030.

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